

The BOMBARDIER

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Serving Barksdale Air Force Base, La., since 1932

Vol. 58, No. 1

Jan. 7, 2005

FeaturePage 10-11

20th BS unit works together to keep air-crew safe



SportsPage 15

2d AMXS takes base championship over 2d MSS



Sortie Scoreboard

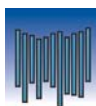
2d Bomb Wing monthly flying goals



Depicted in hours	271.4	154.5	288.6
Goal:	227.6	132.1	82.5
Flown:	43.8	22.4	206.1
Remaining:	-43.8	-22.4	-19.9
As of:			
Dec. 31			

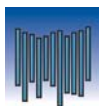
Courtesy 2d Operations Support Squadron

Weekend Weather



Today
Rain

Hi: 48
Low: 36



Saturday
Mostly Cloudy
with rain

Hi: 48
Low: 36



Sunday
Partly Cloudy

Hi: 58
Low: 42

Courtesy 26th Operations Weather Squadron

Barksdale Airmen leave for AEF deployments

BY AIRMAN 1ST CLASS

BRANDON KUSEK

THE BOMBARDIER

Barksdale Airmen are leaving or have left for 120-day deployments in support of Aerospace Expeditionary Force 3 and 4.

Almost 400 people from multiple squadrons around the 2d Bomb Wing are deploying worldwide in support of AEF rotations.

"We have Airmen going anywhere from Iraq and Afghanistan to Africa," said Capt. Greg Boschert, Barksdale's installation deployment officer. "If something is going on in the world, Barksdale

is going to help take care of it."

A 2d Civil Engineer Squadron exterior electrical journeyman, is spending his first deployment at Al Udeid Air Base, Qatar as an escort.

"I'm ready to go," he said. "I'm just trying to get my parents not to worry about me going overseas."

As many leave Barksdale for deployments, many are returning. Members of the 20th Bomb Squadron, 2d Operational Support Squadron and 2d Aircraft Maintenance Squadron are returning from a rotation to Guam.

"We have about 250 people returning within the next week," Captain Boschert said.

The Airmen have been deployed to Guam since early September to provide a heavy bombardment capability in the Pacific.

"I'm very excited and waiting my husband's return because we've missed out on many holidays," said Mrs. Jenny Dennis, whose husband Staff Sgt. Johnathon Dennis, 2d AMXS, is returning from Guam. "It was lonely celebrating the holidays without him but we're making up for it celebrating a late birthday and Christmas."

The deployments and returns of Barksdale warriors is another example of how Barksdale is continuously and successfully helping complete the mission.



Courtesy photo

On the lookout

Master Sgt. Jeff Smith, 917th Wing Explosive Ordnance Disposal Flight team leader, conducts long-range reconnaissance during a roadside improvised explosive device mission. Sergeant Smith and a team of 11 other Air Force members deployed to Iraq in November for approximately four months.

Farewell and good luck Chief Lavigne



2005 already busy year for base

BY COL. MICHAEL MOELLER
2D BOMB WING COMMANDER

Welcome back! I hope everyone had a safe and restful holiday season.

The good news, is despite large numbers of travelers and bad weather, we only had one serious injury ... a motorcycle accident right after Christmas that left the rider with two broken legs. Our Airmen Against Drunk Driving did an outstanding job with 23 saves over the New Year's weekend ... we cannot thank our volunteers enough for their tremendous efforts in taking care of Barksdale members. The bad news is we had a driving under the influence and three of our Airmen were arrested for criminal behavior. We can certainly do better, but we can also count our blessings that everyone returned back here to start the New Year.

As we look back over the holiday season, I also want to recognize Team Barksdale for its incredible spirit of giving. We had the best Combined Federal Campaign ever — the regional chairman said the base gave more than \$195,000 and the allotments are still coming in. Additionally, Santas in Blue also set records ... literally hundreds of children received Christmas presents who would have gone without thanks to your generosity. As always, our honor guard did a superb job at the Independence Bowl — demonstrating the professionalism and precision that defines the Mighty Deuce. Finally, the base

was literally overwhelmed with the on-base and community support for this year's Airmen's cookie drive. The goal was 900 dozen cookies ... instead we received donations for more than 2,000 dozen. It is another great illustration of the very close relationship America's Airmen enjoy with the Bossier City and Shreveport communities. I salute all those great organizations and individuals who helped make Barksdale feel like home to our Airmen during the holidays.

Now it is time to look ahead, especially since 2005 started off at a sprint. On the first day back, we said farewell to 150 warriors deploying to the desert. The rest of the week was also extremely busy — we restarted our normal flying training, hosted multiple general officer visits and will finish today with Chief Master Sgt. Joe Lavigne's retirement. The rest of the month is just as fast paced — with more deployments, a huge Blue Flag exercise and a Phase II Conventional Operational Readiness Exercise.

As the wing cranks back up, we must re-dedicate ourselves to our vision of being the world's best at flying, fixing and supporting bomber operations. We will do this by staying true to the wing's TWO vector: Total focus on mission excellence; Work together ... take care of each other to build



trust and an unbeatable team; Offer opportunities and resources for personal and professional wellness and growth. Over the next few weeks I'll remind everyone of what the vector means and why it is so critically important to make it a part of our daily culture.

Let me close by paying tribute to a true American hero, Chief Lavigne. The command chief master sergeant of the entire 2d Bomb Wing retires today after more than 30 years of distinguished service to his country. Throughout his career, he has made a positive impact wherever stationed. He has shaped and molded the next generation of future Air Force warriors. His infectious enthusiasm, commitment to excellence and caring, concerned leadership embody the very core of the TWO vector. Our Air Force is far stronger and more capable because of his sacrifices, and Barksdale is a better place to live and work thanks to his outstanding service. We wish Chief Lavigne all the best as he continues his service in the civilian community — he kept us second to none!

Changes made at Shreveport Gate

Query: I'm concerned about the dangerous traffic flow coming on base at the Shreveport Gate. Recently, there was only one lane of traffic coming on base and cars going north and south on the highway were not giving the right of way to people entering the gate. What actions can be taken to make the base entrance safer?

Response: Thanks for your concern. Throughout the past year we have been working hand-in-hand with the city and state to make this intersection safer. As you should already notice, the city removed barriers on Barksdale Boulevard. Additionally, we are working to change light timing while putting my number one safety concern into action: installing railroad "crossing arms" to protect against another train-motor vehicle accident.



Editorial staff

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Maj. Gene McFalls.....Chief, Public Affairs Division
Airman 1st Class Justasia Lehmann.....Editor
J. Manny Guendulay.....Assistant Editor
Airman 1st Class Brandon Kusek.....Staff Writer

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Vision
The 2d Bomb Wing is first ... in peace ...
in war ... to victory!

Mission
Exceptional warriors ready now to provide responsive, flexible and accurate bomber combat power and operational support to warfighting commanders. Anytime, anywhere.

Vector
Total focus on mission excellence

Work together — take care of each other to build trust and teamwork

Offer opportunities for personal and professional wellness and growth

Action Line 456-4000

action.line@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the appropriate base agency will address the problem. Positive feedback about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line as more information may be needed.



Col. Michael Moeller
2d Bomb Wing commander

Key Customer Service Numbers

AAFES Admin Office	741-3243	Facilities and Utilities	456-3072
Base Operator	456-1110	Fraud Waste and Abuse	456-1000
BX	752-9227	Housing	456-4324
Casualty Office	456-2212	Inspector General	456-5049
Civilian Pay	456-2741	Law Enforcement	456-2551
Civilian Personnel	456-4502	Legal Assistance	456-2561
Claims Office	456-2563	Military Pay	456-4733
Clinic Patient Advocate	456-6361	Military Personnel	456-2117
Commissary	456-8263	Retiree Activities Office	456-4480
Contracting	456-2113	Safety	456-2569
Directory Assistance	456-2252	Services	456-2475
Environmental Flight	456-4629	Travel Pay	456-2766

The deadline is 4:30 p.m. one week prior to publication. Submissions must be typed on plain, bond paper; on a clearly labeled computer disk in ASCII text or Microsoft Word format; or e-mailed to thebombardier@barksdale.af.mil. Submissions must include full rank, name and phone number of the author. All articles will be edited for accuracy, brevity, clarity and journalistic style and run on a space-available basis.

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Command chief thanks Airmen

BY CHIEF MASTER SGT. JOE LAVIGNE
2D BOMB WING COMMAND CHIEF

Thank You. What more can I say as I leave active duty and join the ranks of our retiree corps? Two simple words that mean more than you will ever know.

Thank You for making this the absolutely greatest tour of my 30-year career. I can't think of any other job, at any other base in the world than this one to retire from. For those who've been to Disney World, this sure beats Mr. Toad's Wild Ride! Never a dull moment.

Thank You for your total focus on mission accomplishment. You've helped free oppressed nations, you've helped lay the groundwork for democracy and most importantly, you've shown the world that no one comes close to America's Air Force.

Thank You for your commitment to excellence. Virtually every inspection rated the wing "Excellent" or "Outstanding." Regardless of the tasking, regardless of how full your plates already were, you stepped up and made the impossible happen.

Thank You for taking care of one another. In the last two years, our Driving Under the Influence rate dropped significantly. You also rallied around each other in times of need, and you looked out for each other during stressful times.

Thank You for your generosity. You dug deep to support many worthy causes, and you continue to do so each and every day. You've improved the quality of life of countless individuals thanks to your kindness.

Thank You for supporting our leadership team. The Air Force has been in a constant state of flux over the past few



Chief Master Sgt. Joe Lavigne
2D Bomb Wing command chief

years and regardless whether you agree with all the changes, you've supported our leaders as they implemented them.

Thank You for your support of our enlisted professional development and recognition programs. Hundreds of troops were able to grow professionally because you allowed them to attend informational seminars, even when you desperately needed them in the work centers. And many of our finest Airmen got the recognition they truly deserve because you took time out of your hectic schedules to nominate them for awards and to cheer them on at our awards ceremonies.

Most importantly, Thank You for serving our great country. Less than 5 percent of the American public answers the call to service. I'm proud to have had the opportunity to serve beside you, both here at home station and while deployed.

Even though I will no longer be standing beside you in uniform, I'll be there in spirit!

Flexibility is key in deployments

BY LT. COL. BRETT KNAUB
20TH EXPEDITIONARY BOMB SQUADRON
DIRECTOR OF OPERATIONS

No situation highlights the importance of flexibility more than deployed operations. Remember the last time you spent weeks or months coordinating with multiple agencies and completing reams of staff action paperwork on a project only to arrive at the suspense date to discover that either the objectives or the resources available to complete the project had dramatically changed? Chances are someone in your work area, undoubtedly an individual with no time invested in the project, cheerfully uttered one of those venerable USAF sayings, "Flexibility is the key to airpower."

Although we hear these words a lot, when was the last time you stopped to consider the cultural significance of this expression in the context of mission accomplishment? The value of flexibility and the ability to adapt our operations to a constantly changing environment has been a part of Air Force doctrine and culture ever since the beginning of military aviation.

The very nature of air and space creates the optimal environment for unrestricted maneuver. The essence of this critical tenet of air and space power is flexibility. The military aviation culture embraces flexibility so thoroughly in combat operations that commanders often take for granted the remarkable freedom of maneuver it offers.

We all know however, that flexibility does not occur by chance through knee-jerk reaction to some random sequence of events. People make it happen through professionalism, patience, discipline and hard work. Professional Airmen working in a culture of flexibility ingrained through years of training and a warrior ethos advanced by experi-

enced leaders of all ranks are required to carry on this "can do" mentality that makes the mission happen every day.

The 20th Expeditionary Bomb Squadron recently demonstrated the power of such a proactive attitude while deployed to Andersen AFB, Guam.

After many months of focused training leading up to and throughout our deployment, we were rapidly approaching a key milestone. In order to fulfill our mission tasking, we work hard to integrate B-52 operations with other USPACOM forces to include those forces that routinely operate in the Korean theater.

To an outside observer, I'm sure it appears effortless. I doubt many organizations in the civilian world could accomplish such a complete institutional departure from current mission priorities as we routinely experience in the military. Add in the additional factors associated with being deployed and our ability to adapt to any situation and successfully execute any task is quite formidable. As valuable members of Team Barksdale, we must always remember that our organizational agility does not occur by accident. It takes excruciatingly thorough contingency planning and disciplined execution by well trained troops to secure freedom of maneuver for our forces and flexibility for our commanders. To ignore this fact anytime, is to invite disaster.

Deployments present many challenges that don't fit nicely into our personal and organizational routines at home. It is during these times that our cultural foundation provides the support needed to adapt and succeed.

As Airmen, we must all continue to embrace flexibility through self-study, mentoring and formal military training in order to guarantee this priceless commodity remains an accurate and reliable weapon for the Air Force of tomorrow.

Operational Risk Management defined

BY TECH. SGT. PAUL THOMPSON
2D BOMB WING SAFETY OFFICE

Air Force Instruction 90-901, Operational Risk Management, defines operational risk management as a decision-making process to systematically evaluate possible courses of action, identify risks and benefits, and determine the best course of action for any given situation to accomplish the mission with the minimum amount of risk. This instruction also outlines four governing principals of ORM and a six-step process to apply it. Old news to most of us, right? What is interesting is that throughout the instruction, variations of the word "training" are used over and over. If you ask yourself why, you'll find training is at the root of the ORM process. Think back to when you were trained on the first task in your workplace. I bet you still remember the

trainer's pet peeves on the subject. I also bet you emphasize most of the same things whenever you train your people. Your trainees will be no different, and if you teach ORM in every task, your trainees will most likely follow in your footsteps. Here's an example of how ORM was embedded in something we do every day:

Think back to the time when you were learning to drive a car. When you approached your first stop sign, did you stop? If so, why didn't you zoom right on through? The answer is because all your life, even before you were behind the wheel of a vehicle, you were taught that the safest thing to do when you see that sign is to stop. In this case, the process was ingrained years ago and proven to prevent the obvious hazard, an accident. Let's break this example down to the steps of ORM and see how they apply.

- Identify hazards: Potential accident if you don't stop.

- Assess the risk: High probability of occurrence, especially in heavy traffic.
- Analyze the risk control measures: Applying the brakes and stopping will reduce the probability.
- Make control decisions: The appropriate level to decide on implementing risk controls is you since it's your vehicle and well-being at stake
- Implement risk controls: Apply the brake.
- Supervise and review: It's up to you to ensure you follow this process and ensure those you supervise follow it.

Of course, there are other risks involved here as well; being ticketed by the local authorities, being sued by another driver, or putting your family at risk, just to name a few. The specific risk which motivated the person who trained you doesn't matter. What really matters is that you stopped, and continue to stop every time you see that stop sign.



Sexual assault teams' assessments lead to corrective actions

By 1st Lt. RYAN FITZGERALD
AIR COMBAT COMMAND PUBLIC AFFAIRS

There are more sexual assaults occurring in Air Combat Command than are being reported, according to an ACC report released Dec. 17 that provided an unprecedented look into the climate of the command.

Internal look

The internal look began in March after Gen. T. Michael Moseley, Air Force vice chief of staff, tasked each major command to assess sexual assault response programs at each of its installations, report findings and make recommendations for improvement.

In response, Gen. Hal Hornburg, former ACC commander, appointed three teams to visit all ACC bases in the continental United States and a fourth team to visit forward-deployed locations. The sexual assault assessment teams gathered information in four areas: education and training, reporting procedures, response programs and program oversight.

The teams took a snapshot of Airmen's perceptions regarding sexual assault and how they were handled by the command. The information gathered was anecdotal and came from small focus groups representative of installation personnel such as first sergeants, dorm residents, junior enlisted members, senior enlisted members and officers. Team members did not ask participants if they were sexually assaulted and how their case was handled.

Feedback requested

Besides the team visits, ACC leaders wanted to give Airmen a way to provide anonymous feedback on the sexual assault and harassment climate in the command and at ACC's deployed locations.

"Our people are my top priority," said Lt. Gen. Bruce Wright, current ACC commander and vice commander at the time the assessment began. "The standard is clear: sexual assault and harassment are inconsistent with our core values and impede our ability to perform our mission."

With this as a charter, ACC created, and the Air Force Personnel Center administered, a personal safety survey to 89,604 Airmen command-wide March 25-April 7. Nearly 26,000 individuals provided anonymous feedback to supplement the SAAT findings.

The Air Force Office of Special Investigations exam-

ined 103 alleged sexual assaults throughout ACC in fiscal year 2003. However, 228 women and 84 men participating in the survey believed they had been sexually assaulted, most in the past 12 months. The questionnaire defined sexual assault not only as rape and forcible sodomy but also indecent assault, which is touching someone in a sexual manner without their consent.

The absence of an agreed upon definition of sexual assault between agencies that work this issue and the lack of a common understanding of what violations of the Uniform Code of Military Justice constitute sexual assault make it difficult to track numbers accurately. How a case is characterized often depends on the individual facts.

"For example, from a legal perspective, whether an incident is a sexual assault often depends on the assailant's intent," said Maj. Brynn Morgan, ACC assistant staff judge advocate and SAAT member. "The victim may believe the assault was a sexual one, but the assailant may be found guilty of only assault rather than an indecent assault."

While tracking accurate numbers was identified as a clear challenge, command experts say there's little doubt of the usefulness of providing Airmen an avenue to provide anonymous feedback on the sexual assault climate within the command and to supplement the SAAT visits, according to Major Morgan.

"We wanted to know who was being assaulted, who was committing the assaults, and how aware our Airmen were of programs available to assist them," the major said. "With nearly 26,000 Airmen responding, we're pleased with the sheer volume of inputs and the opportunity it gives us to address the issues identified."

Of the incidents identified by respondents to the personal safety survey, 75 percent were categorized as indecent acts or assaults; 12 percent as rape; 2 percent as forcible sodomy and 11 percent as some combination of the above.

Improvement on the way

The SAAT report also cited two areas for improvement: the implementation of standardized education programs focused on preventing sexual assaults and creation of a climate where sexual assault victims are confident they can report the crime to commanders and receive effective support.

Explanations for the lack of reporting of sexual crimes

covered a wide spectrum, said Col. Edward Dixon, ACC director of personnel and one of four team chiefs responsible for assessing the command's sexual assault response programs. The most common reason given for limited reporting was a perceived lack of privacy that resulted when sexual assault victims reported the crimes to military authorities.

Based on all the MAJCOM inputs, Air Education and Training Command officials are developing an Air Force-wide program to inform people about what constitutes sexual assault, appropriate preventive measures and the reporting process.

Education is key

ACC initiatives include a recently released video on preventing sexual assault titled, "Choices Have Consequences." Another initiative is a brochure template commanders can use to publicize their local reporting procedures and victim support services.

To help foster an environment where each Airman feels safe, ACC is also working to improve its dormitories.

"Our goal is for all ACC Airmen to believe they can be part of the solution by respecting their fellow Airmen and taking care of each other in their unit's work and living environments, on and off base," Colonel Dixon said. "On base, a key to our Airmen's safety is strong leadership involvement; commanders, officers, senior NCOs and our front line NCO supervisors."

ACC will release an interim dormitory policy soon that mandates self-locking dorm room doors, and requires regular random inspections by unit leadership. The policy also reintroduces NCO residents in the dorms to ensure leadership oversight and visibility.

While the Air Force and ACC have already begun taking actions to address the issues identified in the Air Force and MAJCOM reports, this is the first time ACC's bases will have the opportunity to see the command's sexual assault assessment teams' findings and results of the personal safety survey.

"We all have a role to play," General Wright said. "We need to educate ourselves, enforce our standards of decency and conduct, and correct inappropriate behavior at all levels."

The report is available at ACC's public Web site at www2.acc.af.mil. (Courtesy Air Combat Command News Service)

Airmen reminded to use official Air Force symbol correctly

STAFF AND WIRE REPORTS

The Air Force symbol became official in July, four years after the service first applied for trademark protection.

"I'm proud our symbol is now an official part of our heritage," said Air Force Chief of Staff Gen. John Jumper. "It represents our storied past and links our 21st Century Air Force to our core values and capabilities."

The decision to designate it as the official symbol of the Air Force demonstrates the service's conviction to preserving the symbol's integrity and should ease concerns that the symbol is temporary or remains a test. Trademark protection designates the symbol as exclusive property of the Air Force and gives the service authority to control and enforce its use.

A team of lawyers, public affairs officers, artists and historians are working to

expand guidance and standards for the use of the symbol. An official Air Force Instruction is scheduled for release in 2005.

In the meantime, the intent is to expand use of the symbol today and protect it for the future. Use must be consistent with applicable Air Force instructions and symbol guidelines posted at www.af.mil/library/symbol/.

"People should use the symbol correctly out of respect," said Staff Sgt. John Gott, 2d Communications Squadron NCO in charge of Base Multimedia Graphics. "You shouldn't just throw it out there any old way. The Air Force has set guidelines that must be followed to allow consistency when displaying the symbol."

When Air Force officials began testing the symbol in 2001, it appeared on a limited number of base entry signs and water towers and a small number of aircraft

and vehicles. Acceptance during the test was so widespread that in 2002, 90 percent of Airmen surveyed thought the symbol was already official.

"Since then, I've seen Airmen wear it, drive it, eat it, carry it, embroider it and even brand it," said Maj. René Stockwell, of the Air Force public affairs national outreach and communications division, who manages the symbol Trademark licensing program.

The service is licensing use of the symbol on a variety of commercial goods, from candy and furniture to tires and jewelry, which allows Airmen to display their service pride off-duty.

On duty, the symbol is featured on optional military tie tacs, the proposed utility uniform and gray boots, the Air Force lightweight blue jacket and is being showcased in Air Force marketing campaigns.

"We've used the symbol to help en-

courage people to join, Airmen to stay and [to] build understanding, appreciation and support for America's Air Force," Major Stockwell said.

Airmen and their families can help protect the integrity of the symbol by adhering to the guidelines online, the major said.

They have an implied license to use the Air Force symbol on personal items such as printed materials, food, clothing, literature and briefings. These items must be intended for personal or internal use only, not used for retail sales, advertising or unauthorized endorsements.

Any commercial use of the symbol, by individuals or companies, requires completion of a license agreement with the Air Force, Major Stockwell said.

People with questions not covered online can e-mail the Air Force Symbol office at afstory@pentagon.af.mil. (Courtesy of AFPN)



ACC announces 2005 family days

AIR COMBAT COMMAND PUBLIC AFFAIRS

Air Combat Command announced its list of family days for the coming calendar year, giving its people opportunities to enjoy extended weekends with their families in conjunction with five holidays in 2005.

Gen. Hal Hornburg, in one of his last acts as ACC's commander, designated Jan. 14, May 27, July 1, Sept. 2 and Nov. 25 as the command's 2005 family days, meaning people get time off work if possible to spend with their loved ones. These dates correspond with the Martin Luther King Jr. Holiday, Memorial Day, Independence Day, Labor Day and Thanksgiving.

In addition, General Hornburg said Dec. 27 through 30, 2005, would be no-fly days to allow people maximum family opportunities during the holiday season.

Commanders should ensure people who aren't able to enjoy a family day have the time given to them at a later date, command officials said.

"The phenomenal men and women of the Air Combat Command team never cease to amaze me," General Hornburg said in a message to all ACC units. "Our operational tempo remains high and our Airmen and their families continue to provide selfless service in this Global War on Terrorism and in defense of this great nation. As a small token of my sincerest appreciation, I want to establish the ACC family days so all Airmen may have sufficient time to plan with their families."

Command officials said the guidelines of the military leave program should be followed in matters concerning passes and chargeable leave. For civilian employees, commanders can encourage liberal leave, use of previously earned compensatory time, or use of already approved time-off awards. (Courtesy of Air Combat Command News Service)

Corrections

The commentary titled 'Make sure you know your Air Force role' on Page 3 of the Dec. 17 issue of The Bombardier was written by 1st Lt. William Adames II, 2d Maintenance Squadron executive officer, and the 2d Maintenance Squadron commander is Lt. Col. Phillip Robinson.

Retirement

Chief Master Sgt. Joe Lavigne

Chief Master Sgt. Joe Lavigne, 2d Bomb Wing, retires after 30 years of dedicated service in a ceremony today at 2 p.m. in the enlisted club. Dress is casual for civilians and uniform of the day for military. Call Staff Sgt. Valerie Schmidt at 456-5077 to reserve a seat or for more information.

Pay tables

President George Bush signed an executive order Dec. 30 making the 2005 military and civilian pay tables official. The 2005 pay scales are available online at the following Web sites: military pay tables — www.dfas.mil/money/milpay/pay/ and civilian pay tables — www.opm.gov/oca/05tables/index.a/. Congress approved an average raise of 3.5 percent for military service-members, and the President's order provided for an across-the-board increase of 2.5 percent in base pay for the Foreign Service and certain pay scales used by the Department of Veterans Affairs.

Holiday decorations

All holiday decorations are to be taken down, put away and cleaned up for base housing residents by Jan. 15.

Volunteers needed

Volunteer bike riders are needed to

News briefs

take part in a permissive TDY this summer. Barksdale has six rider positions available for the 33d Register's Annual Great Bike Ride Across Iowa. The seven-day, roughly 500-mile event is scheduled to take place July 23 through 30. Registration forms and fees are due to the base team leader, Maj. Marc Olson, by Jan. 30. Additionally, team Barksdale will need a two or three person support crew. Visit www.teamairforcecycling.com for information and application forms. Contact Major Olson at 456-9115 for more information.

Commander's call

A 2d Mission Support Group commander's call is scheduled Thursday at 7:30 a.m. and 3 p.m. at the base theater.

ALS awards

Airman Leadership School Class 05-A graduated Dec. 16. The following senior airmen are the class award winners. John Levitow Award, Wali Shaheed, 2d Maintenance Squadron; academic award, Jason Hathorn, 2d Aircraft Maintenance Squadron; leadership award, Torrey Byrd, 2d Maintenance Group; and distinguished graduates awards, Mink Stoyanov, 2d Civil Engineer Squadron; Jason Hathorn, 2d AMXS; Ian Rhode, 2d AMXS; and Kory Chosa, Detachment 1, 8th Air Force.

Quarterly award winners

Congratulations to the 2d Bomb Wing Staff and Associate Units fourth Quarter 2004 award winners: company grade officer, 2d Lt. Kathryn King, 2d Comptroller Squadron; Senior NCO, Senior Master Sgt. Richard Pacheco, 2d BW Judge Advocate; NCO, Tech. Sgt. Peter Desjardins, 49th Test and Evaluation

Squadron; Airman, Staff Sgt. Joseph Lassitter, 2d BW/JA; GS-9 and above, Percy Adams, 2d BW Safety; GS-8 and below, Emma Richardson, 2d CPTS.

Krewe of Barksdale

Mardi Gras season is upon us. The wing Mardi Gras Krewe is looking for beads no longer needed or wanted to use in this year's parades. If you would like to donate beads or make a monetary donation please contact Master Sgt. Rudy Ruelas at 456-8641 or Master Sgt. William Miller at 456-8639.

Veterans needed

The R. W. Norton Art foundation is looking for World War II veterans who would be willing to participate in an oral history interview. The gallery will make an audio recording and a transcript of each interview and present the participant with his own personal copies. Interested people should call Mr. Phil Lynch at 865-4201 for more information.

Volunteers needed

Right to Play, Inc. a non-profit, volunteer organization needs volunteers to help build a barrier-free playground at A. C. Steere Park, located at 4101 Youree Dr., Shreveport. This special playground is designed so that children and adults with special needs will be able to play with their more able-bodied friends and siblings. Thirty to 40 volunteers are needed January 19 through 22. Building lasts from 7:30 a.m. to 4:30 p.m. Volunteers can sign up to work all day or in shifts. Workers should be able to work with a team, follow instructions, not take short cuts and be in strong enough physical shape for heavy lifting.



Airman 1st Class Brandon Kusek/The Bombardier

Tears of joy

Newly promoted Master Sgt. Angela Jewell braces as she has her new stripes tapped on by Col. Michael Moeller, 2d Bomb Wing commander, and Chief Master Sgt. Joe Lavigne, 2d BW command chief, during her step promotion on Dec. 17.

Navy engineer earns award

BY J. MANNY GUENDULAY
THE BOMBARDIER

A Naval engineer attached to Barksdale will receive a Golden Torch Award from the National Society of Black Engineers in Boston in March.

Navy Lt. Cmdr. Kevin Roye, the base's resident officer in charge of construction, earned the engineer award for leaving his mark on Barksdale.

That mark includes the construction of the air traffic control tower, the flightline parking apron and the renovation of the 8th Air Force headquarters building.

The NSBE searches for excellence among stellar African American engineers. The Golden Torch Award goes to a handful of engineers each year who have made a lifetime of achievement contributing to the field of engineering.

The commander was helping rebuild hurricane-damaged Naval facilities in Pensacola, Fla., when the award was announced.

"I was down there for 11 weeks, so I was absent from the office when I heard about it. I saw some correspondence from Stacy Walman, the resident engineer and my right hand person. She sent out a very flattering e-mail to the office saying that I had won the award," he said.

Commander Roye gave thanks to his staff for the help they gave him.

"I am truly blessed with the staff I have," he said. "They are incredible and it is easily measured by how this office was able to run smoothly while I was away for two months in Florida."

Mr. Ray Knee, 2d Civil Engineering Squadron deputy commander, said the commander plays an important role in the base's projects.

"Commander Roye is a hard-driving, conscientious individual," Mr. Knee said. "We constantly struggle with getting our projects under budget and on time. Commander Roye plays a crucial role in making that happen."

Revealing his favorite project he's worked on at Barksdale was difficult for Commander Roye.

"Though on the surface, the \$18 million 8th Air Force headquarters project for a three-star general



J. Manny Guendulay/The Bombardier

Lt. Cmdr. Kevin Roye, Barksdale's resident officer in charge of construction, looks over the plans for the new dorm facilities, which is his office's current project.

would appear to be my quickest response, the professionalism of the contracting company and the responsiveness of their office people and their crew that pulled the parking apron job in on time was more impressive to me," he said. "We hired contractors to rip it out and then replace it. That project came in on time but I remember calling the president of the company when the project was a week behind schedule, and he mobilized a second crew in order to complete it ahead of schedule. The reason that's my favorite, I guess, is because the contractor was really professional and responsive. When you look at the project, it seems very simple, but each piece of equipment is very expensive. One crew alone was about \$750,000; he mobilized two with equal manning and equipment. That was impressive."



Master Sgt. Michael Farris/ 353d Special Operations Group Public Affairs

Water drop

An Airman teams up with a Thai volunteer Jan. 1 to organize bottles of drinking water at the international airport. He and 100 others from the 353d Special Operations Group assigned to Kadena Air Base, Japan, are flying supplies to the tsunami-hit areas of southern Thailand.

Base celebrates MLK Day

BY J. MANNY GUENDULAY

THE BOMBARDIER

Barksdale will host two events in honor of Dr. Martin Luther King Jr. Tuesday and Thursday.

The events, a four-mile, four-person relay run and a commemorative service honoring MLK, are planned by the African American Heritage Committee.

“We wanted to do something a little different this year. We didn’t just want to have a day off, but instead we wanted to have a ‘day on,’” said committee chairman Master Sgt. Terrence Jones of the 2d Bomb Wing Evaluations and Inspections Office. “I just thought it would be great to generate some esprit de corps; I hear a lot about fun runs and get-togethers for all of these other events. So why not do one for MLK Day? His legacy deserves more remembrance than just a day off.”

The relay run is Tuesday at 8:30 a.m. Participants must form four-person teams consisting of at least one female and someone over the age of 30. Each team member will run one mile for a total of four miles per team. These team members must be from the same unit or flight and must arrive at the fitness center parking lot by 8 a.m.

The commemorative service is Thursday at 10 a.m. at Chapel Two and features Judge Carl Stewart of the U.S. Court of Appeals 5th Circuit as a guest speaker as well as inspirational songs and a look at the life of Dr. Martin Luther King Jr., and his legacy of accomplishments. A reception follows the event.

Sergeant Jones says participation from the AAHC is strong and he said that it should be a good lead up into Black History Month in February.

“The day is important to the Air Force because it’s a time to remember one of America’s greatest leaders, a leader who fought and died for racial equality,” said Staff Sgt. Derrick Bartley, 2d Comptroller Squadron and member of the AAHC. “This day is especially important to our jobs in the Air Force, which is comprised of individuals of different color, race and gender. This is the epitome of what Dr. King fought for, all walks of life working together and living in a world together in peace.”

For more information about the relay run, sign up at the fitness center or call Staff Sgt. Steven Hemphill, 2d Mission Support Squadron, at 456-2970. For more information on the service, contact Sergeant Jones at 456-7096.



Barksdale military working dogs help make Independence Bowl successful

BY AIRMAN 1ST CLASS
BRANDON KUSEK
THE BOMBARDIER

Barksdale's 2d Security Forces Squadron helped make the Independence Bowl a success Dec. 28.

Military working dogs from

Three security forces explo-

sive detection dog teams and a spotter for each team arrived to perform searches long before people began piling in.

"We arrived early in the morning and were out of there before the crowds arrived for the game," said Tech. Sgt. Jonathan Reynolds, 2d SFS kennel master.

Searching the area turned out to be a smooth process.

"After we were done it was nice to know people were relieved that everything was safe so people could enjoy the game," said Staff Sgt. Gayden Green, 2d SFS military working dog handler.

Assisting with the annual football contest is not the first time the working dogs have lent a helping paw.

"We assisted last year in the Miami versus Louisiana Tech football game and the Independence Bowl," Sergeant Reynolds said.

The 2d SFS working dogs provide demonstrations at events such as the National Night Out and Patriots Day.

"Last November we helped search the Bossier Civic Center before a jury selection they held at the center," Sergeant Reynolds said.

The men and women who handle military working dogs are proud of what they do.

"The services we provide are priceless," Sergeant Green said. "Sometimes it seems monotonous but when you go above and beyond it makes it enjoyable. Being a military working dog handler is great; I'm proud of what I do, it's one of the best jobs you can have."



Airman Tabitha Wininger/2d CS

Staff Sgt. Daniel Ellwein, 2d Security Forces Squadron military working dog handler, and his partner Chris, search a freezer at Independence Stadium Dec. 28.



Keeping ‘em in the sky

20th Bomb Squadron’s Life Support Flight members keep pilots’ gear fit for flight

BY STAFF SGT. JEREMY LARLEE
2D BOMB WING PUBLIC AFFAIRS

Teamwork, besides being the second item in the wing commander’s vector, is the cornerstone of any great team. Charged with inspecting and maintaining life support equipment on the B-52, the 20th Bomb Squadron life support section is a good example of a cohesive team. Staring down a crucial inspection in September, the 20th BS life support section pulled together, despite long odds to get the mission completed. With about 60 percent of the office missing due to deployments, the remaining life support people pulled 15-to-16-hour days to complete the inspection. “We just did what we had to do to get the job done,” said Senior Airman Manuel Bocanegra, life support journeyman. “Everybody worked together to accomplish that together.” Inspections of the equipment are split into five sections: the helmet, chemical defense, flightline, survival kit and night vision section. The life support section works closely with aircrew daily.

“I wake up in the morning ready to come in and help people out,” said Staff Sgt. William Gordon, 20th BS assistant NCO in charge of life support. “I enjoy the customer service aspect of the job and it is so important in doing our jobs right.” Gordon takes his job of inspecting life support equipment seriously. “If by any chance a jet does goes down,” Gordon said. “I want to know that the equipment is safe for the aircrew to wear.” Bocanegra said every person in the section brings something different to the table. “Everybody has their strengths and weaknesses,” he said. “I learn a bit from everybody and I feed off of that and I can do my job better. We really look out for each other and I know that everybody in here has my back when I need them.” Gordon believes there is only one way to be successful. “In order to get this job done it takes a team effort,” Gordon said. “Every section has to work together, because if we don’t the mission will not be completed and lives could be put at risk.”



Top left: Senior Airman Manuel Bocanegra, 20th Bomb Squadron, inspects a parachute. Left: Airman Bocanegra performs a parachute fit test on Captain Tim Pierce, 20th BS. Top: An Airman performs an inspection on a pair of nightvision goggles. Right: Airman Basic Denise Bartkowiak, 20th BS, performs an inspection of the hoses of a flight helmet.

Photos by Airman Tabitha Winiger/2d Communications Squadron



Cajun Warrior Attitude

Catch it!

Family: Wife, Venice; son, Wiltrez and daughter, Crystal

Hometown: Hawkinsville, Ga.

Unit: 20th Bomb Squadron

Job title: Assistant NCO-in-charge Aircrew Life Support

Job description: Manage a quality life support program consisting of five sections, nine personnel

Most rewarding job aspect: Being surrounded by people who love what they do

Goals: Retire from the Air Force and get my bachelors degree in education

Hobbies: Jogging, reading and spending time with my family

What motivates my winning attitude: My family

Favorite TV show: Fear Factor

Favorite meal: Baked chicken and green beans

Favorite movie: Ray

Favorite performer: Ja Rule

Favorite book: Short Stories by Kate Chopin

I'm proudest of: My mom, Georgie Gordon

Best day of my life: When I married my wife

What I like most about Barksdale: Being close to my-family

If I could change anything about Barksdale, it would be: Covered bus stops



Airman 1st Class Brandon Kusek/The Bombardier

Staff Sgt. William Gordon

Services events

For more information about 2d Services Squadron events, check their Web site at www.barksdaleservices.com

Art classes

The Arts and Crafts Center offers a variety of classes for those wanting to expand their creativity. Children’s Art Classes are available Thursdays from 4:30 to 5:30 p.m. Youth ages 5 to 12 are invited to attend. Reservations are required by Tuesday. Pottery Classes for anyone 15 years or older are Thursdays from 5 to 7 p.m. The cost is \$8.50 plus supplies. Framing Classes are Tuesday, Thursday, and Jan. 18 from 5 to 7 p.m. The cost is \$25 plus supplies. Woodcrafting Classes are available Tuesday, Thursday, Jan. 18 and 20 at 6:00 pm. Call the arts and crafts center at 456-3140 for information about any of these classes for reservation.

Mongolian BBQ

Mongolian BBQ is Wednesday at the officers club. Choose from beef, chicken, pork, shrimp, an array of fresh vegetables and more than 13 exotic sauces. Meals are then cooked to order. Price is \$14.95 for all you can eat or \$.50 per ounce. Dinner is served at 5:30 p.m. and is open to all ranks. Walk-ins are welcome. Call 456-4926 for reservations or information.

Card tournament

The hold ‘em card tournament is back at the officers club. All ranks are invited to compete for the title. Sign up is at 6 p.m. Jan. 14 and play begins at 6:30 p.m. All players receive a \$10 buffet meal and play is free. Call 456-4926 for more information.

Fishing tournament

Outdoor recreation is holding a Valentine’s Day couples fishing tournament Feb. 12 at the Flag Lake housing dock. This is a catch and release tournament with a five-fish limit. Cost is \$20 per couple and \$5 for the big bass pot. Prizes are determined by the number of sign-ups. The deadline to register is Feb 4. Call 456-7765 for more information.

Paintball

Enjoy paintball on Barksdale Jan. 15 and Feb 5. Sessions are held at 11 a.m. and 2 p.m. and last approximately three hours. Cost is \$12 and includes gun rental, mask, CO2 refills and 100 paintballs. Additional paintballs are available for purchase. Guests should wear long sleeves for warmth and protection. Call 456-7765 to sign up.

Class postponed

Due to scheduling conflicts, the home improvement classes scheduled for Tuesday and 25 have been postponed. New dates will be released in upcoming issues of the Bombardier.

Punch card

Stop by the bowling center snack bar and pick up a Lunch Bunch Punch card. The staff will punch the card with every meal purchase. The tenth meal is free. The offer is good for all combo items on the menu. Call 456-4162 for details.

Cooking class

Outdoor recreation is offering a Dutch oven cooking class Jan 22. Students will learn to cook wild game, cornbread, vegetables and dessert in a Dutch oven over a campfire. The items prepared in the cooking demonstrations will be served to the class. Cost is \$10. Sign up by Jan. 14 by calling 456-7765.



Relationship skills class offered in February

BY J. MANNY GUENDULAY
THE BOMBARDIER

Members of the base's Integrated Delivery System offer a Prevention and Relationship Enhancement Program for couples Feb. 8 at the Education Office from 9 a.m. to 4 p.m.

The one-day workshop is designed for military couples who wish to build divorce-prevention and marriage-enhancement skills designed to help partners say what they need to say, get to the core of problems and increase their familiarity with each other.

Mrs. Stephanie Reyes, IDS representative, says the IDS is presenting this program because Barksdale is in need of

the program, according to the latest community needs assessment.

The IDS hopes to make the program easier for Airmen and their spouses to attend with a shorter time format.

"PREP has been offered here before by the Family Advocacy office," Mrs. Reyes said. "It was a six-week class. The IDS, which is all of the helping agencies, is taking on a new approach — a one-day workshop with a four-person IDS team facilitating it."

Senior Master Sgt. Rick McCoy, 2d Medical Operations Squadron superintendent, said that the key skills in the class deal with communication skills.

"The core of PREP is effective communication,"

Sgt. McCoy said. "Therefore, the main technique involves setting up rules of engagement that require each member to listen to his or her partner, not interrupt and reflect what was said. While doing this, the member must focus not only on the words being said, but the feelings being conveyed. This method goes a long way towards helping couples break down barriers and to truly communicate."

Mrs. Reyes says the workshop is not intended for couples with serious problems and recommends such couples contact the Family Advocacy office at 456-6595 for help.

To enroll in the PREP class, contact Mrs. Reyes at 456-8400. The enrollment deadline for the Feb. 8 workshop is Feb. 4. Other classes will be offered through September.



At the movies

For recorded show times and movies, call 456-3666 or visit the Army and Air Force Exchange Services Web site at www.aafes.com. Movies are subject to change without notice.
Admission: Adults \$3, children \$1.50 (Information and photos courtesy of www.movieweb.com)



“Woman Thou Art Loosed”

Rated: R

Playing: Today at 7 p.m.

Run time: 94 minutes

Cast: Kimberly Elise, Loretta Devine

Synopsis: Based on Bishop T.D. Jakes’ self-help novel, Michelle Jordan grows up abused and molested by the hands of her mother’s boyfriend; while her mother looks the other way. These circumstances lead her into the dark abyss of drugs, prostitution and prison. While incarcerated, she sends Bishop Jakes a letter seeking a visit.

“The Incredibles”

Rated: PG

Playing: Saturday at 2 p.m. and Sunday at 2 p.m.

Run time: 115 minutes

Cast: Animated

Synopsis: A family of superheros, led by the retired and overweight Mr. Incredible is placed in a quiet suburb by the Witness Protection Program to protect them from their enemy. But their existence is not peaceful, with family disagreements sprouting up even during fights with the bad guys. When the world is threatened, Mr. Incredible must go back to work to save the planet.



“The SpongeBob SquarePants Movie”

Rated: PG

Playing: Saturday at 7 p.m. and Sunday at 7 p.m.

Run time: 88 minutes

Cast: Animated

Synopsis: In the depths of Bikini Bottom: King Neptune’s crown has been stolen, and the prime suspect is Mr. Krabs. Despite evidence to the contrary, SpongeBob teams up with Patrick on a mission to Shell City, where he hopes he can exonerate Mr. Krabs. Once outside the relative safety of Bikini Bottom, SpongeBob is faced with the overwhelming dangers of the sea.



Bomber Trivia: In March 1981, the 2d Bomb Wing became the first organization to operate the Air Force’s newest aircraft. What was the aircraft?

- A. B-57B Canberra
- B. KC-135A Stratotanker
- C. B-1B Lancer
- D. KC-10A Extender

Answer:
D. KC-10A Extender

Family Support Center

Located on the corner of Kenney Avenue and Curtiss Road, 456-8400.
Reservations required for all events.

TAP seminar

A Transition Assistance Program seminar is scheduled Tuesday through Thursday from 8 a.m. to 4 p.m. Designed to help military members and their spouses make sound career decisions, people will learn the skills needed to complete a successful self-directed job search and much more. Members should attend this workshop 12 to 24 months prior to separation.

Moving off-base seminar

A moving off base seminar is scheduled Wednesday from 8 to 9:30 a.m. Having a place may be a great idea, but there are several things to consider. This workshop provides information on how to prepare for: apartment living; roommate selection; budgeting, saving, managing and reducing debt. During this one and a half hour workshop, individual budget assessments will be conducted, as well as training on debt reduction. Reservations are required.

Resume workshop

A resume workshop is scheduled Wednesday at 8 a.m. Job hunting can be a challenge, but a good resume and cover letter can make the difference in getting an interview or missing out. This workshop provides valuable information including what employers look for in a resume, what information to include, optional information, inappropriate information and cover letter use and content.

Single parents group

Single parents group is scheduled Wednesday from 11:30 a.m. to 12:30 a.m. Single parents wear many hats. This is an opportunity to make new friends, share parenting experiences with other single parents and learn new ways of balancing those many hats. This exchange of resources and information can lead to more positive and successful parenting. A light lunch will be served.

Selling your home

A selling your home workshop is scheduled Wednesday at 1:30 p.m. This workshop is designed to help people understand and become familiar with the different aspects of preparing and selling a home.

Sponsor training

Sponsor training is scheduled Thursday at 10 a.m. The objectives of this workshop are for each participant to understand the importance of good sponsorship and to know the responsibilities of a sponsor, the resources available for both sponsor and newcomer, and the possible effects of effective and poor sponsorship for both the sponsor and newcomer.

Community briefs

Chapel information

Chapel One is located at 275 Barksdale Boulevard, East and Chapel Two is located at 724 Douhet Drive. Call the chapel at 456-2111 for information on chapel services.

Dining hall information

Call 456-8367 for menu information from the Red River Inn dining facility. Call 456-4769 for menu information from the flight kitchen.



2d AMXS beats 2d MSS 14-6 in championship

By Staff Sgt. Jeremy Larlee
2D BOMB WING PUBLIC AFFAIRS

The 2d Aircraft Maintenance Squadron squeaked past the 2d Mission Support Squadron 14-6 to claim the base intramural flag football championship at the base fitness center Dec. 20.

Two huge plays by the 2d AMXS cornerback and wide receiver Michael White, an interception in the end zone and a touchdown reception played a pivotal part in the victory. "On the interception the ball was just hanging up there, it was easy pickings," said White. "When I scored the touchdown it felt great to just be in the end zone. It was a rush to be able to help my team win."

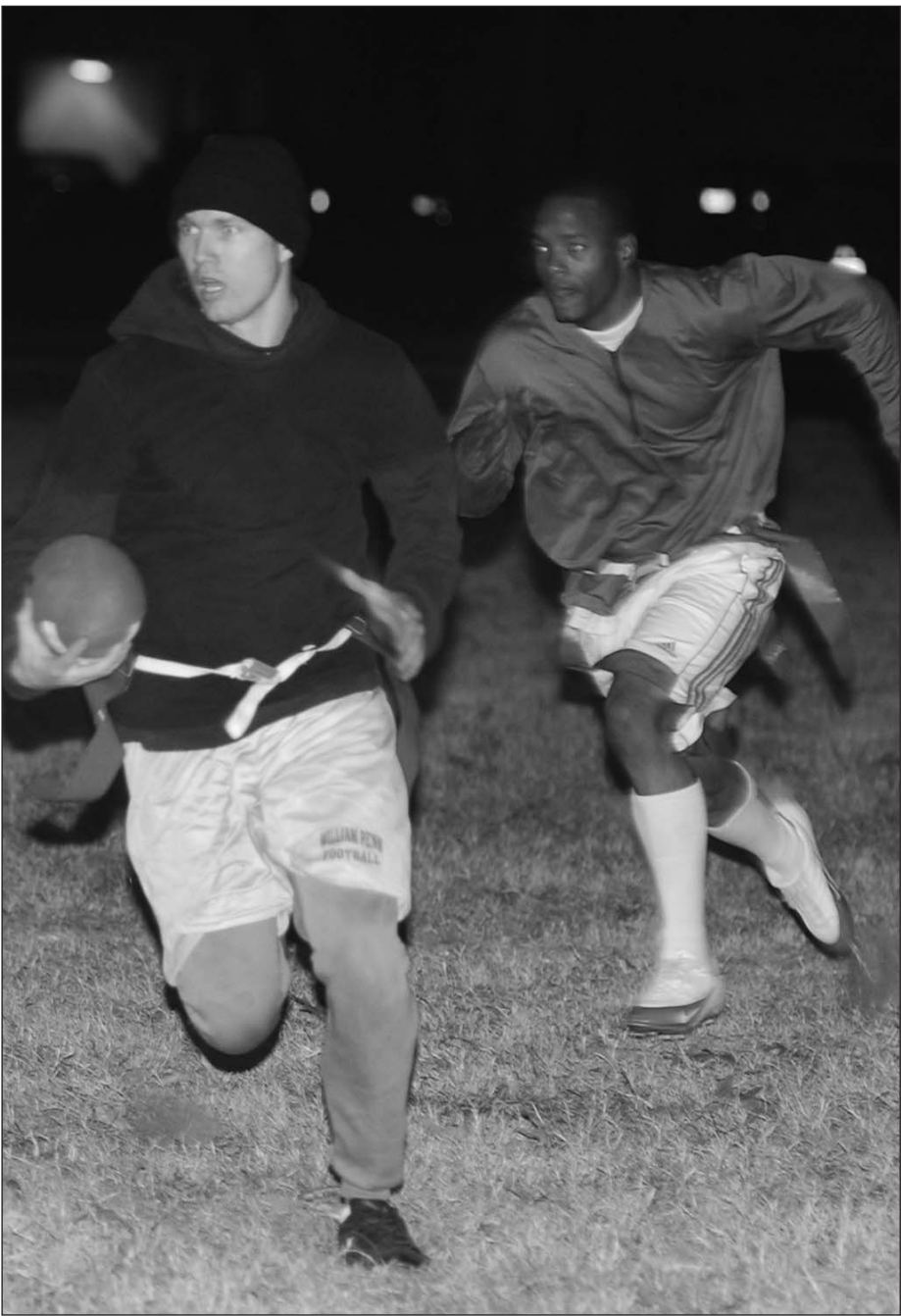
The 2d AMXS team took little time scoring the first points of the game. On the opening drive they effortlessly moved the ball down the field and scored on a scramble by quarterback, defensive back and coach Aubry Williams. Williams was able to score on the play by eluding two 2d MSS defenders with a spin move. The 2d AMXS team converted the extra point to take a 7-0 lead.

The 2d MSS offense sputtered for the majority of the first half until a risk by the 2d AMXS team blew up in their face. With the ball on their own 30-yard line, 2d AMXS decided to go for it on fourth down. It was the second time they attempted a fourth down conversion on their own side of the field, and like the first attempt the second attempt failed.

The lack of respect seemed to fire up the 2d MSS squad as quarterback Elliot Hubbard launched a soft pass to receiver Demarkulus Menyfield on a go route who hauled in the pass for the score. The extra point attempt was unsuccessful and the game went into halftime with 2d AMXS holding a slim 7-6 lead.

The 2d MSS team had a few chances to take the lead in the second half but two long drives ended with disastrous results. In their first drive of the half the 2d MSS drove to the 2d AMXS 10-yard line, but a couple of penalties pushed them back to the 20. Out of field goal range the 2d MSS was forced to go for it on fourth down. For a second it looked like Hubbard had made gold out of straw by finding a receiver in the back of the end zone, but the referees ruled that the receiver did not get two feet down and the ball was turned back over to the 2d AMXS team.

After regaining possession of the ball by an interception



Airman 1st Class Trina Flannagan/2d CS

Cornerback Michael White, 2d AMXS, runs back a pivotal 2d half interception during Dec. 20th's base flag-football championship game.

the 2d MSS squad drove down deep into 2d AMXS territory. White chose this time to make his interception of a Hubbard pass to the right side of the end zone.

Smelling blood, the 2d AMXS squad mounted a drive themselves. Fortune smiled on them as they scored a touchdown on a play they were lucky wasn't a turnover. On fourth down Williams fired a ball into the end zone that looked like it would be intercepted. Instead of being intercepted the ball bounced off a 2d MSS defensive back's hands into the waiting arms of White who cradled the ball for the score. The extra point was converted to stake 2d AMXS to a 14-6 lead.

The 2d MSS team had one more shot to score with two minutes but Williams intercepted a Hubbard pass and 2d AMXS ran the clock to notch the victory and claim the base championship.

The 2d MSS coach was proud of his team and he believed his team would be back in the championship game next year.

"I think both our offense and defense played well tonight, however our failure to score in the red zone is what ultimately killed us," said Derrick Bartley. "I'm going on record and guaranteeing 2d MSS will win the base championship next year."

The 2d AMXS coach felt his team had to play hard because they had no excuses if they lost.

"We were the favorites, we had to come out here and take care of business," Williams said. "The defense was excellent, the offense made plays when we needed them, but the offense stood tall all game."

Sports shorts

Racquetball and volleyball

The intramural Racquetball and volleyball seasons are fast approaching. Letters of Intent must be submitted by Feb. 4 for Racquetball and Feb. 21 for volleyball. The coaches meetings are Feb. 8 for Racquetball and Feb. 24 for volleyball. The letters must be hand carried or e-mailed to the fitness center. Any questions contact Staff Sgt. Scott Robertson at 456-4135.

Free T-shirt

Starting in January, the fitness center kicks off the Run, Walk or Bike to Disney World Program. Participants track their cardio miles on a special mileage log. They are awarded a T-shirt when they reach 1,000 miles. All forms of cardio are accepted and mileage is based on the honor system. Pick up a mileage log at the fitness center front desk in January. Call 456-4135 for more information.

Triple threat program

Effective Jan. 1, the fitness center starts the Triple Threat Program. Men and women achieving 1,000 miles, 2,000 push-ups and 2,000 sit-ups will receive prizes. Additional prizes are awarded at the 500-mile mark and at the 750 sit-up and push-up mark. Tracking sheets may be picked up at the front desk. Call 456-4135 for details.

Bowl by mail

Youth ages 5 to 18 can compete in a bowling competition with youth from around the world. The available dates to bowl are Jan. 15 and 29 from 4 to 6 p.m. Children ages 5 to 8 may use bumpers. The scores are sent to compete with other bases. Trophies are presented for first through third place in high game and high series. Cost is \$4.50 a child. Bowlers may register at the bowling center at 3:45 p.m. on competition days.

Call 456-3448 or sign up in advance at the youth center.

Free golf clinics

Fox Run golf course offers free golf clinics on Saturdays beginning Saturday through Jan. 29 at 9 a.m. The clinics include free range balls and free golf club usage. Players of all skill levels are welcome.

Call 456-2263 or stop by the Fox Run pro shop to sign up.

Family focus

The fitness center hosts a family exercise competition Saturday at 10 a.m. Families compete in free throws, a football relay, a quarter-mile relay fun run and a basketball shuttle race. Call 456-4135 for more information.

Resolution Solution 5K run

Kick off the New Year with a resolution to stay in shape. The Resolution Solution is at 11 a.m. Jan. 21 and features a 5K run or walk, aerobathon and circuit training session. Free refreshments are provided and door prizes will be given away. The top three male and female runners receive awards. Call 456-4135 to sign up.

Intramural basketball standings

	W	L
2d CES	2	0
2d SVS	2	0
2d LRS	3	1
2d CS	2	1
2d OG	2	1
2d MUNS	1	1
2d MXS	1	1
Navy/Marines	1	1
2d MSS/2d MOS	1	3
8th AF	0	1
2d AMXS	0	1
2d MDG	0	2
Army	0	2

Standings as of Jan. 4